Classification of Personality Disorders: Perceived Clinical Utility of ICD-10 versus ICD-11

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BACKGROUND
• The forthcoming ICD-11 includes new diagnostic guidelines for Personality Disorders (PD), which involve classification of PD Severity (Mild, Moderate, Severe) along with five trait qualifiers and the option of specifying a “borderline pattern” (see example in right column).
• Danish health care is expected to adopt the ICD-11 classification system in 2020-2023.
• WHO emphasizes that classification of ICD-11 PDs must be usable and useful for health care workers who are not highly trained specialists – across all WHO member countries.

FINDINGS
Overall, the ICD-11 approach achieved significantly higher ratings of perceived clinical utility than the ICD-10 approach. However, this did not apply to “communication with other professionals”, which was not significantly better or worse than the ICD-10.

- For the subgroup of medical doctors, the ICD-11 approach was only rated as superior in regard to “formulating an effective intervention”, whereas the remaining domains showed no significant differences.
- For the subgroup of psychologists, the ICD-11 approach was rated as superior in regard to “ease of use” and “formulating an effective intervention”, whereas the remaining domains showed no significant differences.

CONCLUSIONS
This preliminary survey suggests that the forthcoming ICD-11 classification of personality disorders has some favorable appeal for mental health professionals in Denmark, including nurses, nurse assistants, medical doctors, and psychologists; particularly in terms of “formulating an effective intervention”.

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